

# NEWS AND VIEWS FOR WOMEN READERS

## Life's Social Side

Editor of Women's Page, Telephone 229; Private phone 837w.

A pleasant dinner dance was held at the Cataract Golf Club on Saturday evening, when a delightfully cool breeze from the lake was most grateful after the heat of the day. Among those present were Mr. and Mrs. Charles Taylor, Mr. and Mrs. T. H. Scott, Dr. and Mrs. A. W. Winnett, Mr. and Mrs. Philip DuMoulin, Dr. and Mrs. W. T. Connell, Miss Ford, Mr. and Mrs. E. C. Mitchell (London, Ont.), Mr. and Mrs. Herbert Steacy, Mrs. Van Wren, Miss Caroline Mitchell, Miss Harriet Gardner, Miss Doris McKay, Miss Gertrude McKelvey, Miss Marion Kirkpatrick, Miss Eleanor Pheasant, Miss Isabel Minnow, Dr. Howard Folger, Messrs. Mitchell (London), Rigney, Hubbell (Watertown, N.Y.), D. Chown, H. Scott, J. Hickey, Panet (Ottawa).

A luncheon was given at the Cataract Golf Club to-day for Mrs. E. C. Mitchell, London, Ont.

Mr. and Mrs. T. M. Banner, Pittsburg, Penn., will arrive early in August to visit Mr. and Mrs. D. G. Laidlaw, Earl street.

Canon and Mrs. J. W. Jones and Miss Winnifred Jones, Albert street, spent Sunday at Stella, Amherst Island.

Mr. and Mrs. Bottrell, Toronto, are the guests of Mr. and Mrs. R. A.

Fowler, "The Cedars," Emerald, Amherst Island.

Mrs. Earl C. Sherry, St. Louis, Mo., and her little son, are spending the summer at Stella Point, the guests of Mrs. Sherry's parents, Mr. and Mrs. S. G. Sutherland.

Eugene Beaupre, who has been visiting his mother, Mrs. H. Beaupre, Johnson street, has left to join his family at Notre Dame due Portage, Que.

Col. H. T. Skinner, D.S.O., is staying with his sister, Miss Nan Skinner, at "Cataract Lodge." Miss Skinner's nieces from Montreal are also visiting her at her home in the Thousand Islands.

Mrs. (Dr.) F. McKelvey Bell, New York, has arrived to spend the summer with her mother, Madame Casgrain, at Aberchalader Lodge Glen Walter.

Admiral of Dame Clara Butt, (Mrs. Kennerley Rumford), will be interested to hear that her daughter, Miss Joy Kennerley Rumford, has been presented at court lately. Her parents have just returned to England from a successful tour in Australia and Canada.

Mrs. Neale, Campbellford, is with her daughter, Miss Muriel Neale, Aberdeen avenue.

Reginald Chown, University avenue, is visiting Mrs. G. B. Rooney, Lyndhurst.

Mr. and Mrs. Noel Gill and Linton Gill, Aberdeen avenue, are at their summer home near Campbellford.

Miss Lillian Fair, West street, left for Belleville today to visit Miss Alice Lazier.

Miss O'Neill and Miss Emma O'Neill, Port Colborne, Ont., who have been on a trip down the St. Lawrence, arrived in town on Sunday and are at 189 Earl street.

Mrs. Frank Cooke and her son, Los Angeles, Cal., who were with Miss Cooke, St. Mark's rectory, Barriefield, left for Whitby today, to visit Mrs. John Webster.

Mr. and Mrs. J. M. Hughes, University avenue, left for Syracuse, N.Y., on Sunday, to visit Mr. and Mrs. Harold Hughes.

Mr. and Mrs. Oliver Chown, University avenue, are at their cottage on the lake side.

C. R. Tait, who spent the weekend at Stella, left on Tuesday to spend his holidays at his home in Preston.

Mrs. H. Hemby and Miss Janet Hemby with Mrs. W. H. Kimmerly and her daughter Cora, Nanapanee, with Miss Thelma Sager, Toronto, motored to Toronto to spend a few days with Mrs. H. Sager.

Miss Constance Webster, Whitby, is with her uncle and aunt, Rev. A. O. Cooke, and Miss Cooke, St. Mark's rectory, Barriefield.

Mr. and Mrs. Alan Brooks, Welland, will arrive this week to visit Mrs. Francis Brooks, Barriefield.

Lady Twining has decided to spend several days of this week in Nanapanee with Mrs. H. Daly and will come to Kingston on Thursday to visit Mrs. Ritchie, "Elmhurst."

Miss Laura Kilborn and Miss Helen Strange will leave at the latter part of the week to visit Col. and Mrs. Everett Birdsall, Birdsall, Ontario.

Mrs. William King has arrived from Lowell, Mass., to spend the summer with the Misses Clark, University avenue, and her son, Prof. William King, at Wolfe Island.

Mr. and Mrs. John Ritchie, Montreal, are with Mrs. Ritchie, Elmhurst apartments, Centre street.

Mrs. Arthur Turner and her children, Hamilton, are with Mr. and Mrs. Thomas Slater, Barriefield.

Mr. and Mrs. John Nicolle, Barriefield, have returned from a visit to Mr. Nicolle's sister at Lake Scugog.

Miss Jean Young, who has been with her parents, Mr. and Mrs. Archibald Young, Union street, left for Toronto today, to resume her training at the General hospital.

Miss Anna Langwith, Albert street, left on Saturday to visit Mr. and Mrs. J. F. Nash at their summer home on the Galineau river.

Miss Crocker, Toronto, is with Mrs. Kearney Jones, King street.

Mrs. W. Claxton has arrived from Montreal to spend the summer in Kingston.

Rev. T. W. Savary, rector of St. James' church, will return from Wolfville, N.S., this week.

A recital of sacred music will be given in St. George's cathedral, on Friday, July 21st, at 8 p.m. by Lady Twining, England, assisted by R. R. F. Harvey, the cathedral organist. Collection in aid of the cathedral choir fund.

Each One to Her Taste.

A man asked the other day, "What are Kingston women doing about the burning question of the length of the skirt?" Well, as far as one can see they are for the most part exercising their usual good taste and common sense, and are much relieved to find they can do this and yet be smart, for with unusual consideration Dame

## Do You Awake Tired and Weak? Know the Joy of Restful Sleep by Taking Ironized Yeast

Do you arise in the morning as unrefreshed as when you retired? Are body, brain and nerves all run down? This terrible weakness which afflicts so many may be blamed on the lack of vitamins and iron in modern foods. Supply these invigorating elements by taking two pleasant tablets of Ironized Yeast three times a day. Everyone knows that yeast is a wonderful builder of strength and energy. But Ironized Yeast embodies a new secret process, known as "ironization," which enables the yeast to produce its results twice as quickly. It tones up the great vital organs, soothes the worn-out nerves and makes you feel like a new person. Get Ironized Yeast today and take a new lease on life, or to try it entirely free, simply mail postcard for Famous 3-Day Trial Treatment. Address Harold F. Ritchie & Co., Ltd., Dept. 96, Toronto. Ironized Yeast is recommended and guaranteed by all good dealers.

Fashion allowed an individual choice on this matter, so if one is a figure of fun in an extremely short skirt, one can't blame it on the powers that be any more, our own sense of what is fitting will have to have the burnt. Extremes are always bad taste, but one can deny there is much to be said for the moderately short skirt.

For walking, sports or office, a long skirt, such as was worn twenty years ago, is untidy, unsanitary, and to our eyes ugly, still there is no question in many minds that the six or seven inches from the ground will save us from dust and germs, let us walk with such grace as we possess, and yet disguise in a measure the defects of badly shaped legs, though leaving the ankle and feet free for a display of pretty shoes and stockings. For dancing too, a skirt that clears the floor adds much to its wearers pleasure, and though the gowns made en train were most graceful garments in which to enter a ballroom, they were anything but graceful when the train was held up while dancing. For formal receptions, dinners, etc., the long skirt is the most dignified and lends itself to handsome materials, and especially to the classic folds of the present vogue. But after all it is a question of lines, what is more distressing than the sight of a tall girl who would be called slim in a frock with long draperies, in a skimpy short skirt out of which thin arms and legs appear, unless it be the stout lady of uncertain age, in a white abbreviated skirt and doubtful shoes and stockings. Many noted actresses are wearing the long skirt on the stage, but at the race meet at Newmarket, England, most of the skirts were three-quarter length. Lady Tree favors long skirts.

"I am tired of the battalions of artificial silk legs, and am praying for long skirts again. I consider the bad manners of the day entirely due to the short skirt vogue."

"Except on very young girls, I like long dresses on the stage. Many of the modern plays have been quite marred by their skirts, and dramatic situations have been ruined."

Hints of the Mode.

In Paris bags carried in the evening are flat envelope affairs of brocade or velvet which match the gown.

Shades of crushed strawberry and rose mauve are new colors which French women have taken up.

New types of earrings are dull gold or silver in intricate scrolls set with semi-precious stones.

Large collars on evening wraps of satin and chiffon are popular.

A pelted side drape is a feature of an attractive dress of orchid linen.

There is at present a strong penchant for all shades of caramel and pale brown in simple frocks of crepe or georgette.

A machine gun made in the 17th century had 64 barrels.

Waste nothing—all things have their uses.

## Corns?

—just say Blue-jay to your druggist Stops Pain Instantly

The simplest way to end a corn is Blue-jay. A touch stops the pain instantly. Then the corn loosens and comes out. Made in two forms—a colorless, clear liquid (one drop does it) and in extra thin plasters. Use whichever form you prefer, plasters or the liquid—the action is the same. Safe, gentle. Made in a world-famed laboratory. Sold by all druggists.

## Efficient Housekeeping

When Your Milk or Cream Sours. A Column Reader has asked me to publish recipes calling for sour milk or cream. On these warm days, when milk is apt to sour, it is well to keep some such recipes as the following in a handy place:

Sour Milk Griddle Cakes: Beat well together one egg, one cup of thick sour milk and one-half cup of any kind of cooked cereal. Sift together three-fourths of a cup of flour and one-fourth teaspoon of salt, and add this to the first mixture. When ready to drop the cakes on the griddle, add one-half teaspoon of baking soda to the batter, and beat vigorously. (This batter should look like thick cream. If too thin, add a little more flour, and if too thick add more sour milk or water.)

Emergency Biscuits: Sift together two cups of flour, one-half teaspoon of soda and one-fourth teaspoon of salt. Rub into this one tablespoon of shortening, add one cup of thick sour milk, and stir lightly. The dough should be soft. Drop it by spoonfuls into greased muffin-tins and bake in a hot oven for 20 minutes. They are delicious.

Boston Brown Bread: Sift together one cup of cornmeal and one cup of Graham flour. Dissolve one teaspoon of soda in a very little hot water and add this to one and two-thirds cups of thick sour milk or cream. Combine the wet and dry mixtures and turn all into a greased mold (leaving room in the mold for the bread to rise); cover with a greased cover, tying it on tightly, and sink this mold (an empty baking powder can is a good one to use) into boiling water for four hours. Then take off the cover of the mold and bake in a moderate oven for one hour.

Chocolate Loaf Cake: Sift together one and one-half cups of flour and one teaspoon of soda. Melt two squares

of unsweetened chocolate, add to it butter size of an egg, one cup of sugar, one cup of sour milk or cream, and one beaten egg. Combine the wet with the dry mixture, and bake in two layers in a hot oven for 30 minutes. Fill with the following:

Sour Milk Nut Omelette Filling: One cup of chopped walnut meats mixed with two tablespoons of sour milk or cream, and one-half cup of powdered sugar. Flavor with one-fourth teaspoon of vanilla.

Sour Cream Cake Filling: (When the cream which you intended for whipping, goes sour, try this recipe.) Sweeten and chill one cup of "double cream," then whip it until stiff (keeping it cold as you whip). When stiff, fold in one cup of chopped walnut meats. If the cream does not become stiff, for any reason, add one teaspoon of dissolved gelatin at the last, and place it on ice. Spread this filling between the layers of any kind of cake.

Chocolate Drop Cookies: Cream together one-fourth cup of butter and one cup of sugar. Add two beaten eggs, one teaspoon vanilla, two squares melted chocolate, and three-fourths of a cup of flour sifted with a pinch of salt. Last add one cup of walnut meats chopped, and drop by teaspoonfuls on a buttered pan. Bake ten minutes in a good oven. This recipe makes two dozen cookies.

Tomorrow—Answered Letters.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

## To-morrow's HOROSCOPE

By Genevieve Kamble

TUESDAY JULY 18.

This day's planetary movements bespeak lively and happy conditions in all affairs, in business as well as in the household activities. All the astral testimonies point to prosperous and harmonious conditions, with auguries for advantageous changes, removals or journeys, and with young people under the most excellent auspices for courtship or matrimony. All social, romantic and artistic activities should thrive under the gracious offices of Venus trine Luna.

Those whose birthday it is have an excellent prospect for a successful, prosperous and happy year both in their business and domestic affairs. Affectional matters are under the happiest auspices. A child born on this day will be talented, versatile, original, artistic and affectionate, and will rise in life.

## What the Editor Hears

That the Church of Rome has taken a very decided step in regard to extremely short sleeves and low necks. At a corporate communion of the Daughters of Mary at Rome, this week, Cardinal Marini refused to administer the sacrament to those whom he considered improperly dressed, telling them afterwards to go home and sew yokes and sleeves onto their frocks.

That this is a gingham summer, ten out of every dozen women you meet on the Kingston streets are frocked in this popular material.

That the hide of a huge lizard, the cabrogo, found in Ceylon, is being

## Reputation

is a guide to the future, because it is a record of the past. The Salada Tea Company has earned for itself an enviable reputation as a result of supplying to the public, for more than thirty years, the highest quality of Tea and never varying from that standard. The reputation for reliability has built the greatest Tea business in North America.

## "SALADA"

used for making women's shoes and slippers. The skin is beautifully marked and when tanned is tough and waterproof.

That the drop of sweet clover which borders the country roads is a wonderful one, in some places joining fragrant hedges, through which the motorist drive for miles.

That the Gananoque golfers have a nice airy links, but the Cataract Golf Club has them beaten in the matter of a beautiful view and new club house.

That King Boris of Bulgaria wants an English queen. How would a sensible Canadian girl do for a consort for his majesty?

## Engagement Announced.

The engagement is announced of Miss Hazel Hubbell B.A., daughter of Mrs. Hubbell and the late William H. Hubbell, Smith's Falls, to George A. Bonney, B.A., Saskatoon, Sask., the marriage to take place shortly.

The American Antiquarian society was organized in 1812, having headquarters at Wooster, Mass. Don't wait for something to turn up—go after it and turn it up. He is wise who knows how and when to wait.

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SEAL BRAND TEA

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TRY A LOAF TO-DAY.

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DO WOMEN WORK AS HARD AS MEN? Yes. And They Must Keep Well and Strong

Two Interesting Letters

Toronto, Ontario.—"When my husband was called back to England in 1914 I took Lydia E. Pinkham's Vegetable Compound to strengthen me so I could work. I had a trouble that used to make me weak, but I am able to do my work now and am perfectly satisfied with your medicine. I still get it at the chemist's and I strongly recommend it to anybody I hear of suffering as I did. You may publish this if you wish."—Mrs. E. HOANZLOWA, 359 Yonge St., Toronto, Ontario.

I Did Not Feel Like Working

"I was in a general run-down condition with a weak back and a tired feeling so that I did not feel like working. My mother was taking Lydia E. Pinkham's Vegetable Compound and recommended it to me, so I have taken it and my back is better and I am now able to do my work. I recommend the Vegetable Compound to my neighbors and you may publish my letter."—Mrs. JOSEPHAT A. GARRISON, Box 47, Carleton Place, Ontario.

Lydia E. Pinkham's Vegetable Compound should be taken when you first notice such symptoms as nervousness, headache, weakness and irregularity. It will help you and prevent more serious trouble. Give it a fair trial.

Each One to Her Taste.

"A man asked the other day, 'What are Kingston women doing about the burning question of the length of the skirt?' Well, as far as one can see they are for the most part exercising their usual good taste and common sense, and are much relieved to find they can do this and yet be smart, for with unusual consideration Dame